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Effect of the Herbal Medicine Klimadynon in the Treatment of Dysmenorrhea in Teenage Girls

Djuraeva D. L., Saipova M. L., Narzikulova S. P., Atabekova D. L.
Center for the Development of professional qualifications of medical workers, Institute of Pharmaceutical Education and Research, Tashkent, Uzbekistan

The reproductive health of teenage girls in the modern world remains one of the most relevant, interdisciplinary, since the medical and demographic situation continues to be unfavorable and the health of women of fertile age is deteriorating. [1.2] The problem of the reproductive health of girls and their reproductive potential as future mothers attracts the close attention of scientific researchers, since, along with medical significance, it is increasingly acquiring social significance. [3] Negative trends in the medical and demographic situation (increasing morbidity of the population, environmental stresses) strongly dictate that special attention should be paid to the reproductive health of the younger generation. [3.4]

Objective: To study the effect of Klimadynon on menstrual function and quality of life in teenage girls suffering from dysmenorrhea.

Material and methods: 78 girls aged 13-19 years were examined. The duration of menstrual cycle disorders is from 1 to 3 years. Basal levels of FSH (follicle-stimulating hormone), LH (luteinizing hormone), and prolactin were measured in all patients. Functional diagnostic tests and ultrasound data of the uterus and appendages were also studied. According to indications - brain tomography. Quality of life was determined using a specially developed questionnaire. The duration of treatment ranged from 30 to 90 days.

Results: Group 1 consisted of 36 girls with impaired sexual development, but with the preservation of normal menstrual function; group 2 consisted of 42 girls with a violation of the menstrual cycle against the background of normal sexual development;

Comparison of the results of treatment with Klimadynon in patients with different reproductive disorders indicates a similar effect on the state of the reproductive system: there was synchronization in the development of secondary sexual characteristics, ultrasound parameters of the uterus and appendages improved, signs of the inflammatory process of the genitals disappeared, and the hormonal profile normalized (functional diagnostics tests, radioimmune hormone analysis).

Restoration of the menstrual cycle (rhythm, amount of blood loss) was noted in 79% of patients. An improvement in the quality of life was noted in all patients. The drug Klimadynon was well

tolerated in all patients.

Conclusion: Thus, when identifying reproductive disorders in teenage girls, corrective treatment should be comprehensive and should be carried out taking into account the severity of reproductive disorders. The duration of herbal medicine with Klimadynon (3 months, 1 tablet 2 times a day) proportionally depends on the severity of reproductive disorders in teenage girls and its effectiveness is determined by the duration of drug administration regimens, as well as the patient's age.

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